

PRELIMINARY SCHEDULE AP-21 (2020-2022)

AP-21.01 Knife-Edge Cuban Eight with quarter roll, half roll quarter roll

From upright perform a $\frac{1}{4}$ roll in the center, perform a $\frac{5}{8}$ knife edge loop into a 45 degree downline, perform a $\frac{1}{2}$ roll, perform a $\frac{3}{4}$ knife edge loop into a 45 degree downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{8}$ loop, exit inverted.

AP-21.02 Crossbox Stall Turn combination with quarter roll, two consecutive quarter rolls, quarter roll

From inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{1}{4}$ roll, perform a stall turn into a vertical downline, push through a $\frac{1}{4}$ loop into a horizontal line, perform consecutively two $\frac{1}{4}$ rolls, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{1}{4}$ roll perform a stall turn into a vertical downline, push through a quarter loop, exit inverted.

AP-21.03 Horizontal Circle with two half rolls opposite integrated

From inverted, perform a circle while integrating a $\frac{1}{2}$ roll to the outside and another $\frac{1}{2}$ roll to the inside, exit inverted.

AP-21.04 Half Reverse Cuban Eight with half roll, half roll integrated

From inverted, push through a one eighth loop into a forty five degree upline, perform a $\frac{1}{2}$ roll, push through a $\frac{5}{8}$ loop while integrating a $\frac{1}{2}$ roll into the last 180 degrees of the $\frac{5}{8}$ loop, exit upright.

AP-21.05 Three quarter Torque Roll, Quarter Torque Roll in opposite direction with quarter rolls integrated into the quarter loops

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline while integrating a $\frac{1}{4}$ roll, perform a $\frac{3}{4}$ torque roll, perform a $\frac{1}{4}$ torque roll in opposite direction, push through a $\frac{1}{4}$ loop while integrating a $\frac{1}{4}$ roll, exit upright.

AP-21.06 Half Outside Loop, Loop

From upright push through a $\frac{1}{2}$ outside loop, pull through a loop, exit inverted.

AP-21.07 Knife-Edge Roll Combination with three quarter roll, half roll opposite, three quarter roll opposite

From inverted perform a $\frac{3}{4}$ roll into knife-edge flight, perform a $\frac{1}{2}$ roll in opposite direction into knife-edge flight, perform a $\frac{3}{4}$ roll in opposite direction to the $\frac{1}{2}$ roll, exit inverted

AP-21.08 Figure Nine Crossbox Combination with quarter roll, two consecutive quarter rolls, half roll integrated

From inverted, push through a $\frac{3}{4}$ loop into a vertical downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop into a horizontal line, perform consecutively two $\frac{1}{4}$ rolls, perform a $\frac{1}{4}$ circle while integrating a $\frac{1}{2}$ roll, exit inverted.

AP-21.09 Square Loop on Corner, with quarter roll, quarter roll

From inverted, push through a $\frac{1}{8}$ loop into a 45 degree upline, perform a quarter roll, perform a $\frac{1}{4}$ knife-edge loop into a 45 degree upline, perform a $\frac{1}{4}$ knife-edge loop into a 45 degree downline, perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{4}$ loop into a 45 degrees downline, pull through a $\frac{1}{8}$ loop, exit upright.

AP-21.10 Comet with half roll, half roll

From upright, perform a $\frac{1}{8}$ loop into a 45° upline, perform a $\frac{1}{2}$ roll, pull through a $\frac{3}{4}$ loop into another 45° upline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit inverted.

AP-21.11 Double Key from top with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll

From inverted, pull through a $\frac{1}{4}$ loop into a vertical center downline pull through a $\frac{5}{8}$ loop into a 45 degrees upline, perform a $\frac{1}{4}$ roll, perform a $\frac{1}{4}$ knife-edge loop, perform a $\frac{1}{4}$ roll, push through a $\frac{5}{8}$ loop into a vertical center upline, push through a $\frac{1}{4}$ loop, exit upright

Preliminary Schedule AP-21 (20120-2021)

